

## ABSTRACT

The present invention provides an ATP synthesis activator which allows the promotion of ATP synthesis in the body and results in an increased ATP level in the body for a long period of time. The ATP synthesis activator comprises, as an active ingredient, a mixture of a plurality of herbs having an ion-exchange capacity. It may stimulate electron generation in the body and hence results in an improved ATP synthesis activity due to the generated electrons, because dietary fiber contained in the herbs has an ion-exchange capacity.